

Dutchess County Office for the Aging's

AGING NEWS

- End-of-Life Panels at Vassar Hospital (4/20-21 – registration deadline TODAY)
- Citizens Preparedness Training (4/12)
- A Little Snow Won't Stop Those Ticks
- Foster Grandparent Program Expands to Dutchess
- I Love My Park Day (5/7)
- More Aging News Online

***Golden Living . . . News for Senior Citizens
Dutchess County Office for the Aging***

DUTCHESS COUNTY HONORS THE SENIORS OF THE YEAR

The Dutchess County Office for the Aging Advisory Board has selected the Senior Citizens of the Year from nominations submitted by the community. Evelyn O'Brien of Red Hook was chosen as the Female Senior Citizen of the Year; Dr. Irvin Miller of Poughkeepsie is the Male Senior Citizen of the Year; and Dr. William and Nancy Aierstok of Red Hook are the Senior Citizen Couple of the Year. In addition, Muriel Horowitz of Poughkeepsie was selected to receive a Senior Achievement Award. They will all be honored by County Executive Marcus J. Molinaro at the annual Celebration of Aging luncheon on **Monday, May 16th** at noon at the Villa Borghese, 70 Widmer Road in Wappingers Falls.

The public is invited to attend this uplifting event, which features a full buffet lunch at a cost of \$25.00 per person or \$250 for a table of 10 as long as payment is received **no later than April 18th**. After that date, tickets (if they are still available) are \$40 per person. Checks should be mailed or dropped off to the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, NY 12601. For more information, call (845) 486-2555.

Also honored at the Celebration of Aging are Dutchess County couples married for 70 or more years and residents who will be 100 years of age or more anytime in 2016. If you are aware of a resident of Dutchess County who falls into one of those categories, please contact our office at the number above. We would be happy to send them an invitation to be our guests at the event at no charge.

The Celebration of Aging is proudly sponsored by Wingate Healthcare, Prime Health Choice, Toll Brothers, EverCare, Hudson Cadillac Buick GMC, the Pines at Poughkeepsie, Zounds Hearing, Helping Other People Everywhere, Ulster Savings and Hamaspik Choice.

SINATRA & FRIENDS AT THE BARDAVON

The sounds of Frank Sinatra come to Poughkeepsie **Thursday, April 28 at 2:00 p.m.**, with **Mark Raisch's "Sinatra & Friends"** show at the Bardavon 1869

Opera House. Mark also performs the best of Dean Martin, Tony Bennett, Michael Bubl , Bobby Darin and more. Tickets are a suggested donation of \$6 and are available at the Bardavon box office, 35 Market Street, Poughkeepsie, by calling 845-473-2072, or through www.bardavon.org. For information on bus transportation for groups of 10 or more, call the Bardavon.

APRIL IS PARKINSON’S AWARENESS MONTH

April is Worldwide Parkinson’s Awareness Month, full of activities planned by the Parkinson’s Disease Support Group of the Mid-Hudson Valley. The Mid-Hudson Bridge will be lit in green and gold, representing strength and hope the weekend of the 23rd and 24th for the annual “Walk over Water” taking place at 1 p.m. on the 24th on the Walkway Over the Hudson. To participate or contribute, visit www.support.pdf.org/pdawarenesswalk. The next meeting of the support group will take place Friday the 22nd at 10 a.m. at the Unitarian Fellowship, 67 South Randolph Ave. in Poughkeepsie. Additionally, there’s a month-long Parkinson’s educational display at the Adriance Memorial Library, 141 Boardman Road in Poughkeepsie.

***Golden Living is prepared by the Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, New York 12601, telephone 486-2555,
email: agingservices@dutchessny.gov
website: <http://www.dutchessny.gov/aging>***

END-OF-LIFE PANELS AT VASSAR HOSPITAL – REGISTRATION DEADLINE TODAY

Vassar Brothers Medical Center and Hudson Valley Hospice will screen segments of the documentary “Consider the Conversation 2: Stories about Cure, Relief and Comfort” and host panels in Poughkeepsie and Fishkill to discuss end-of-life decision-making. The event takes place at 1 p.m. Wednesday, April 20, at Vassar Brothers Medical Center in Conference Room B, 45 Reade Place, Poughkeepsie, and at 6 p.m. Thursday, April 21, in the Fishkill Ambulatory Surgery Center waiting room at Health Quest Medical Practice, 200 Westage Business Center Drive, Fishkill. This event is free. Light refreshments will be served. Reservations by today, April 11, are required by calling 845-554-1734.

CITIZENS PREPAREDNESS TRAINING THIS TUESDAY

As long as space remains, the Dutchess County Department of Emergency Response is facilitating a Citizens Preparedness Training Program this Tuesday night, April 12, at 7 p.m. at the Rochdale Fire Department, 1075 Dutchess Turnpike in the Town of Poughkeepsie. It’s free to attend, and each attending family gets a Citizen Preparedness Corps starter kit. And if you can’t make it to this one, there will be others in the future at locations and dates to be announced. Registration is required at the following link:

<http://www.prepare.ny.gov/training-events>

A LITTLE SNOW WON’T STOP THOSE TICKS

The snow we had early this month may have slowed the annual emergence of the ticks that carry Lyme and related diseases...but they’ll be back in force as the weather warms up again. Learn more about how to keep ticks and other biting insects away at

<http://www.co.dutchess.ny.us/CountyGov/Departments/DBCH/18160.htm>

FOSTER GRANDPARENT PROGRAM EXPANDS TO DUTCHESS

The Foster Grandparent Program of Westchester Community Opportunity Program is expanding its outreach efforts throughout Dutchess County. This program provides valuable assistance to children with special and exceptional needs in an academic setting. The Foster Grandparent volunteers serve one-on-one as tutors and mentors to young people throughout the six counties of the Hudson Valley. The Foster Grandparent volunteers are low-income senior citizens (with an income under 200% of the Federal Poverty Guidelines....\$23,540

annually) who must be a minimum of 55 years of age. They volunteer from 15 to 35 hours weekly and receive a tax-free hourly stipend as well as 48 Paid Time Off Days and 12 holidays. Additionally they are provided mileage reimbursement. Volunteer liability insurance, and an annual Recognition Luncheon honoring their service to the community. Foster Grandparent Volunteers are urgently needed throughout Dutchess County especially in Poughkeepsie, Beacon, Wappingers Falls, Hyde Park, and Wingdale. If you are interested in becoming a Foster Grandparent volunteer, please call 914-592-5600 ext. 114 or email rbahr@westcop.org for more information.

I LOVE MY PARK DAY

"I Love My Park Day" is now in its fifth year statewide, with local volunteers helping prepare the Staatsburgh State Historic Site (Mills Mansion) for the spring and summer season. There are projects large and small available for helpers of all strength and skill levels. This year's event takes place on Saturday, May 7, from 10 a.m. to 4 p.m. All ages are welcome! Register at <http://ptny.org/events/i-love-my-park-day>

MORE AGING NEWS ONLINE:

Evidence is beginning to suggest that meditation might assist in slowing the aging process, at least at the cellular level.

<https://www.theguardian.com/science/blog/2016/mar/03/could-meditation-really-help-slow-the-ageing-process>

Walking, jogging, dancing – any of that activity will help slow the brain's aging.

<http://well.blogs.nytimes.com/2016/04/07/sweat-smart/?ref=health>

On the issues of particular interest to widowers, including the essential role of companionship:

<http://well.blogs.nytimes.com/2016/04/07/on-widower-watch/?ref=health>

A way to lengthen life by 10 years and hold off diseases like diabetes and Alzheimer's? Possibly, says a Harvard researcher:

<http://www.independent.co.uk/news/science/anti-ageing-pill-that-could-see-humans-living-up-to-a-decade-longer-moves-a-step-closer-following-a6973806.html>

It's been a busy April for those in our nation's capital who advocate on behalf of Alzheimer's:

<http://alz.org/forum/highlight-tuesday.asp>